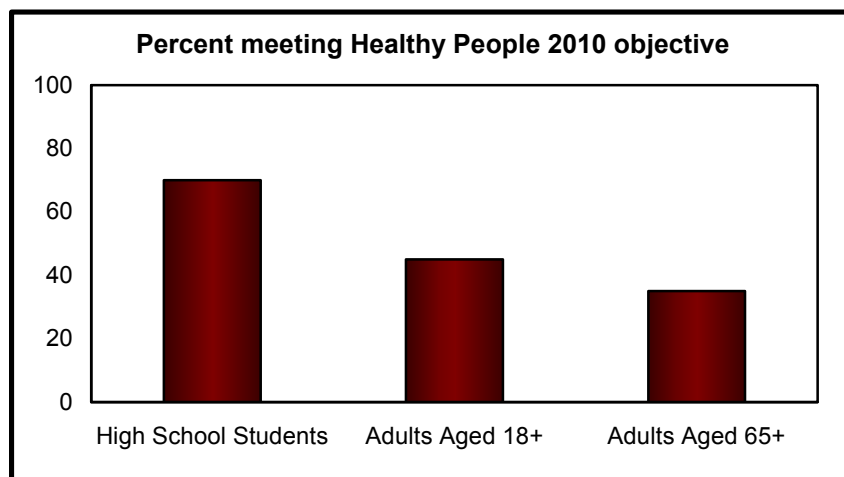




## MONTHLY HEALTH DATA FACT SHEET May 2003

### **May is National Physical Fitness and Sports Month May 28 is National Senior Health and Fitness Day**

- Regular physical activity (exercise) contributes to a healthy lifestyle, helps prevent chronic diseases such as cardiovascular disease, colon cancer, and osteoporosis, and helps prevent obesity.
- Regular physical activity also reduces depression and anxiety, improves mood, and enhances ability to perform daily tasks throughout life.
- The U.S. Department of Health and Human Services' Healthy People 2010 initiatives for adults and high school students recommend light or moderate physical activity for at least 30 minutes five or more times per week or vigorous physical activity for at least 20 minutes three or more times per week.
- Yet most New Jersey adults do not get recommended levels of exercise. In fact, 30% of adults do not engage in any regular leisure time physical activity.



- Physical activity among New Jersey adults declines with age. Only about a third of seniors get recommended levels of exercise, as compared with 70% of teens. Yet physical activity is beneficial at any age.
  - Despite increased knowledge about the benefits of exercise, physical activity among New Jersey adults has not risen during the past decade.
- Blacks and Hispanics are less likely than whites to engage in recommended levels of physical activity, as are those with less than a high school degree. Females, on average, exercise less than males.

For more information from the New Jersey Department of Health and Senior Services:

Behavioral Risk Data: [www.state.nj.us/health/chs/brfss.htm](http://www.state.nj.us/health/chs/brfss.htm)

Live Long, Live Well Walking Program: [www.state.nj.us/health/senior/walking/individual.htm](http://www.state.nj.us/health/senior/walking/individual.htm)

Exercise and Good Health for You and Your Children: [www.state.nj.us/health/fhs/exercise.htm](http://www.state.nj.us/health/fhs/exercise.htm)

For more information about National Physical Fitness and Sports Month: [www.fitness.gov/getmovingamerica.html](http://www.fitness.gov/getmovingamerica.html)

For more information about National Senior Health and Fitness Day: [www.fitnessday.com](http://www.fitnessday.com)

Sources:

New Jersey Department of Health and Senior Services, Center for Health Statistics:  
[New Jersey Behavioral Risk Factor Survey](#)

Centers for Disease Control and Prevention, Division of Adolescent and School Health:  
[Youth Risk Behavior Surveillance System](#)



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